



Newsletter

Government Home Science College, Chandigarh

E-mail: homescience-chd@nic.in Website: www.homescience10.org

Volume 5 - Issue 1 Year 2020

Principal Dr. Sudha Katyal (Chief Editor)

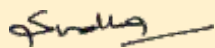
Mrs. Namrata Sethi (Editor)

Mrs. Nupur Bhatnagar (Creative Editor)



From the Principal's Desk...

Home Science College has always strived to live up to its mission "Knowledge for Service". The college aims to provide not just technical support to students but also equip them to emerge as successful entrepreneurs. The curriculum and practical exposure provided is centred on skill enhancement and capacity building, enabling each student to diversify and explore options in all fields of home science. I feel proud to share that the students of the college have not let this pandemic deter their spirits and have emerged as Swawlambi Warriors during these trying times. Apart from sharing their intellectual prowess through videos and online messages, the faculty and students of the college have provided assistance by making masks, PPE kits, providing medicines, psychological and dietary counselling to help pass through these difficult times. I am humbled to inform that our college topped again in tricity in NIRF Ranking, 2020. This newsletter is a concerted effort of the activities conducted through the last academic session 2019-20, which extended till September, 2020 due to Covid-19 Pandemic. Hope it makes an enjoyable read for all!!!


Prof. Sudha Katyal



I feel proud that Government Home Science College has continuously worked on the path of excellence and **topped in the Tricity in NIRF Rankings second time in a row**. The college deserves a special mention for its praiseworthy contributions towards improving the standards of education. I hope to see them flourish further and add more feathers to their cap. I

congratulate the Principal, faculty and students and wish them the very best for their future endeavors, which I am sure, will be a great success.



Sh. S. S. Gill, I. A. S.
Education Secretary, Chandigarh Administration



Government Home Science College has made tremendous efforts in these times of pandemic using various digital platforms to serve the society with their technical skill and expertise. It is heartening to see young girls work towards self enhancement and entrepreneurship. The college has played a key role in all government initiatives like Poshan Abhiyan and Atam

Nirbhar Bharat to name a few. I feel proud and applaud the efforts of the principals and her team for such consistent fruitful efforts. I am sure the college will continue to achieve greater heights with each coming year. I wish you all the best!



Sh. Rubinderjit Singh Brar, P.C.S.
Director Higher Education, Chandigarh Administration

“WE COME TO LEARN-LEAVE TO ACHIEVE”



RANKED

86



NATIONAL INSTITUTIONAL RANKING FRAMEWORK (MHRD, GOI)

2020



IN TRICITY

IN COLLEGE CATEGORY AT NATIONAL LEVEL



GOVT HOME SCIENCE COLLEGE AT 86TH SPOT
In the college category, Government Home Science College, Sector 10, claimed the 86th position with 51.28 points.

Home Science College tops amongst city colleges in NIRF Ranking

This happened second time in a row



Chandigarh: Government Home Science College topped once again amongst all Govt. and Private colleges of the city in NIRF Ranking 2020 released by MHRD today. The College bagged 86th rank amongst all colleges at National Level. Home Science College has become the only Chandigarh College to feature in the top 100 in National Level Ranking twice in a row. The college has always strived hard to provide knowledge and opportunities beyond its four walls. Emphasizing on skill-building and enhancing entrepreneurial activities, the college boasts of a large number of startups initiated by the students. Working in the same direction, the college recently organized two national level seminars to encourage entrepreneurs and provide a platform for the students to earn while they learn. The lockdown has not deterred the spirit of these budding home scientists. Even while confined to their homes, they have found ways to contribute and give back at this time of crisis.

GOVT. HOME SCIENCE COLLEGE



Home Science College Tops amongst city colleges in NIRF Ranking second time in a row

Posted by: MANDLA TIMES // Career, National News, REGIONAL NEWS, Social, Technology, Youth // June 11, 2020

Chandigarh: Government Home Science topped once again amongst all Govt. and Private colleges of the city in NIRF Ranking 2020 released by MHRD today. The College bagged 86th rank amongst all colleges at National Level. Home Science College has become the only Chandigarh College to feature in the top 100 in National Level Ranking twice in a row. The college has always strived hard to provide knowledge and



COVID - 19 CHALLENGES TURNED INTO OPPORTUNITIES

COLLEGE TAKES DIGITAL INITIATIVES ON SOCIAL MEDIA

Living upto the motto of the college “Knowledge for Service”, the faculty and students worked endlessly during the time of the pandemic. They remained in touch with different stakeholders by making use of Digital Social Media. The college developed its Facebook page, YouTube Channel and Instagram page. Through these platforms the faculty and students worked tirelessly to provide online social and psychological support.

FACEBOOK PAGE

Link:

<https://www.facebook.com/profile.php?id=100053429799760>

No. of followers: 208

YouTube CHANNEL

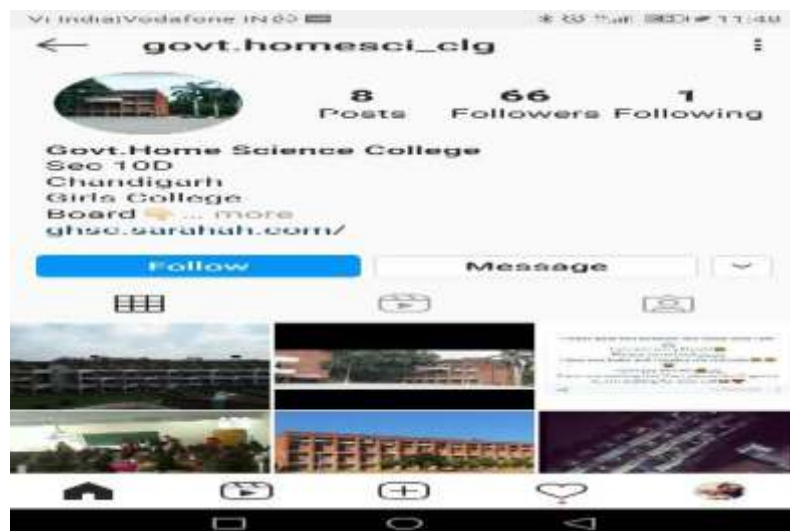
Link:

https://www.youtube.com/channel/UC-9Z7H1b3pqMkdYJwx0_VJA?view_as=subscriber

No. of Subscribers:444

INSTAGRAM PAGE

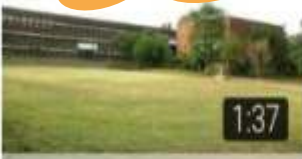
No. of followers:66



More than 42 YouTube Videos made in a short span of 4 months



Govt. Home Science College Chandigarh
238 subscribers
SUBSCRIBED



Fighting Covid-19
How to Clean/sanitize and reuse ...
1 week ago · 180 views

Uploads



ENSURING FOOD SAFETY DURING COVID-19
Government Home Science College Chandigarh
2:57

Ensuring Food Safety During COVID-19 ! GHSC-...
23 hours ago · 130 views



Fighting Covid-19 Creative Ideas using Turmeric | GHSC-1...
1 week ago · 155 views

Fighting Covid-19 Creative Ideas using Turmeric | GHSC-1...
1 week ago · 155 views



Our 'Svavlambi' Warriors during COVID-19 | GHSC-...
Govt. Home Science Coll Sector-10, Chandigarh
1:35

Our 'Svavlambi' Warriors during COVID-19 | GHSC-...
4 days ago · 377 views



Fighting Covid-19 How to stay fit and healthy mentally | ...
2 weeks ago · 605 views

Fighting Covid-19 How to stay fit and healthy mentally | ...
2 weeks ago · 605 views



How to Make a Paper Weight Creative Quarantin...
1 week ago · 269 views

How to Make a Paper Weight Creative Quarantin...
1 week ago · 269 views



Fighting Covid-19 Handmade Mask | GHSC-10 Chd
2 weeks ago · 198 views

Fighting Covid-19 Handmade Mask | GHSC-10 Chd
2 weeks ago · 198 views



Disinfect your food supplies in a right way
1 week ago · 497 views

Fighting Covid-19 Disinfect your food supplies in a right way ...
1 week ago · 497 views



Happy Baisakhi
Maintaining relationships by calling your friends and family
2 weeks ago · 61 views

Happy Baisakhi
2 weeks ago · 61 views



COVID-19: Let's Be Careful, Not Fearful ! GHSC-10...
191 views · 4 months ago



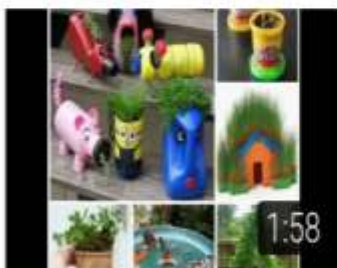
Are You Confused About Your Career After 10+2? GHS...
729 views · 2 months ago



Nature Healing Itself During COVID-19 Pande...
167 views · 4 months ago



Exhibition cum Sale of Handmade Rakhis! GHSC-10, ...
248 views · 2 months ago



Building Survival Garden/Immunity Balcony ! GHSC-1...
186 views · 4 months ago



Emergent Need of Sustainable Immunity with the...
80 views · 3 months ago



Chef-De-Quarantine: Jhatpat Recipes ! GHSC-1...
327 views · 4 months ago



It's time for natural sanitizer ! GHSC-10,Chd.
182 views · 3 months ago



How to Make Terrarium at Home? GHSC-10, ...
197 views · 4 months ago



Give Your Immunity A Boost ! GHSC-10,Chd.
200 views · 3 months ago



Lessons by Mother Nature During COVID-19 !...
187 views · 4 months ago



Breastfeeding Week Celebrations! GHSC-10,Chd.
173 views · 1 month ago

ONLINE ENTREPRENEURIAL SKILL DEVELOPMENT WORKSHOPS ORGANIZED TO SUPPORT GOVERNMENT'S INITIATIVE OF ATMA NIRBHAR BHARAT



THEME: Art of making Home made chocolates and doughnuts

DATE : 21st July, 2020

SPONSORED BY: DietAura

VIEWED BY : 2100

THEME: Happy Brain Happy life

DATE : 25th July, 2020

SPONSORED BY: Alumna of the college, Bhawna Garg

BATCH: 1999

VIEWED BY : 569



THEME: LETS BAKE AND DECORATE

DATE : 28TH JUNE, 2020

SPONSORED BY:

#thepalatestorybynatashananda

VIEWED BY : 3900 viewers



THEME: Waffle and Ice cream making

DATE : 23rd July, 2020

SPONSORED BY: Alumna of the college, Vinti Dawar, Ex- Professor, Kurukshetra University

VIEWED BY : 1008

THEME: Vibrant Fashion Boutique
DATE : 28th July, 2020
SPONSORED BY: Aakarshan Boutique
VIEWED BY : 100



THEME: Skilled Art with Resin
DATE : 29th July, 2020
SPONSORED BY: Ms. Monica Saini
VIEWED BY : 500



THEME: Start up and Skill Building workshop on Baking | **DATE :** 31st July 2020
SPONSORED BY: Academy of Pastry & Culinary Arts (APCA) | **VIEWED BY:** 300



ONLINE COMPETITIONS ORGANIZED BY COLLEGE AT NATIONAL AND INTERNATIONAL LEVEL TO CHANNELISE YOUTH ENERGY



JUDGE: MRS LIPPI PARIDA,
a renowned artist,
brilliant writer and a
seasoned photographer

NAME OF THE COMPETITION : JEWELLERY MAKING

DATE: 20TH JULY, 2020 | **ENTRIES:** 208

1ST prize: Shubham, Shanti Devi AryaMahila College, Dinanagar, Bhumi Jariwala from Vanita Vishram, institute of Garments & Fashion Designing Athwagate, Surat

2ND prize: Khushboo from Government home science college, Chd, Himani from Government home science college, Chd and Manpreet kaur from Kanya Maha Vidhalaya, Jalandhar

3RD PRIZE : Nidhibimal GHSSC-10, Chd and Ekta Gupta



NAME OF THE COMPETITION : INTERNATIONAL ONLINE MANDALA ART COMPETITION

DATE: 16TH JUNE, 2020 | **ENTRIES:** 135

1ST prize: Vishaka (GHSC) & Somanshi Varma, NIIFD, Sec-8, Chd.

2ND prize: Prateek Sullar & Amandeep Attrey(GHSC)

3RD prize: Simran Prem Chand Markanda College, Jalandhar & Khushi


Government Home Science College
 Sector-10, Chandigarh
 NAAC Grade – A
 NIRF Ranking 2020 – 86th
is Celebrating
World Breastfeeding Week

 August 1-7, 2020
Support Breastfeeding for a Healthier Nation

CO-ORDINATOR
 Dr. Ritu Pradhan
 (Head, Department of Foods & Nutrition)

CONVENER
 Prof. Sudha Katyal
 Principal

**Breastfeeding is not a choice,
 it's a responsibility**


**We support breastfeeding
 anywhere, anytime**
Organizing Team
 Dr. Umara Singh (7011379857)
 Ms. Namrata Sethi (9814924949)
 Dr. Bhavmeet Kaur (9888022126)
 Dr. Vasudha Bansal (9855449977)



Judge of the competition :
MRS. RAJ BALA MALIK
 Mayor, Chandigarh

NAME OF THE COMPETITION : POSTER MAKING | DATE: 1ST TO 7TH AUGUST, 2020



Judge of the competition :
PROF. SUDHA KATYAL
 Principal, GHSC, Chd.

NAME OF THE COMPETITION : NATIONAL LEVEL COOKERY COMPETITION

DATE: 30th JUNE, 2020

THEME: 'Lets do Miracle with millet snacks for Swastha Bharat'

ENTRIES: 60

1ST prize: Manveen Dhillon of Guru Nanak College, Santpura, Yamuna nagar, Haryana | **2ND prize:** Shivani Yadav of Mahatma Gandhi Post Graduate College, Gorakhpur, Uttar pradesh | **3RD PRIZE:** Amandeep Kaur of Post Graduate Govt. College of Girls, Sector 42, Chd




**MAKING LIGHTING
 FIXTURE &
 LANDSCAPE ACCESSORY**
 Online National Level Competition
 Dept. Of Family Resource Management
 Government Home Science College, Chandigarh

FIRST PRIZE




SANNATI
 Government Home Science College, Chandigarh

SECOND PRIZE



KAJAL DHIMAN
 Government Home Science College, Chandigarh

THIRD PRIZE



ADITI THAKUR
 Mohanlal Hargovindas College Of Home Science And
 Science For Women, Jabalpur

NAME OF THE COMPETITION : MAKING LANDSCAPE ACCESSORY AND LIGHTING FIXTURE

DATE: 20TH JULY, 2020 | **ENTRIES:** 98 | **1ST prize:** Sannati B.Sc. (H.Sc) Ist yr |

2ND prize: Kajal Dhiman | **3RD prize :** Vedika Sehgal



Judge of the competition :
MRS. CHHAVI
 Architect &
 Designing Expert



NAME OF THE COMPETITION : NATIONAL LEVEL ONLINE CREATION OF UTILITY BAG WITH ECO-FRIENDLY MATERIAL

DATE: 27TH JULY,2020 | **ENTRIES:** 151

1ST prize: Kalavadiya Gopi from Polytechnic in Home Science – Amreli | **2ND prize:** Daljit Kaur from Shanti Devi Arya Mahila College Dinanagar and Shubham Jasrotia from Shanti Devi Arya Mahila College Dinanagar | **3RD prize:** Dinanagar and Sunaina Nigam



Judge of the competition :
DR. NEHA MIGLANI
 Chief Consulting Editor -
 Fashion & Lifestyle Magazine



NAME OF THE COMPETITION : NATIONAL LEVEL ONLINE DESIGNING OF CUSHION COVER WITH OLD FABRIC AND DOODLE ART COMPETITION | **DATE:** 4TH JULY, 2020 | **ENTRIES:** 214 | **1ST prize:**

Harshita Chawla from Apeejay College of Fine Arts, Jalandhar | **2ND prize:** Aastha Agrawal from Banasthali Institute of Design, Banasthali Vidyapith and Muskan Sharma from Kanya MahaVidhalaya, Jalandhar | **3RD prize:** Shubham from Shanti Devi Arya Mahila College, Dinanagar



FI-33



FI-344

Second position
 Silhouette
 and colour
 ombre on
 fuchsia
 Experiment
 well done



Judge of the competition :
MR. PRAVIN JOTANIYA
 Design Director,
 Sport King -
 Sobhagia Sales Pvt. Ltd.



NAME OF THE COMPETITION : NATIONAL LEVEL ONLINE SKETCHING OF DESIGNER ETHNIC WEAR FOR ADOLESCENT GIRL

DATE: 15TH JULY,2020 | **ENTRIES:** 298 | **1ST prize:** AmandeepKaur from GHSC-10,CHD | **2ND prize:** Rajeshwari from GHSC-10, AmanjotKaur from Ludhiana | **3RD PRIZE:** Jaspreet Kaur from Mata Ganga Khalsa College, ManjiShaib, Kottan & Tanveer Kaur from Ludhiana



Judge of the competition :
MS. KALIKA MEHRA
 Owner -
 Active Clothing Co. Ltd.



NAME OF THE COMPETITION : ONLINE NATIONAL LEVEL MASK DESIGNING COMPETITION | **DATE:** 2ND July, 2020 | **ENTRIES:** 267 |
1ST prize: Harminder Kaur from Pt. Mohan Lal S.D College for Women, Gurdaspur | **2ND prize:** Ankit Kumar from FDDI, Rohtak & Harleen Kaur from Kanya Maha Vidyalaya, Jalandhar | **3RD prize:** Parveen Kumari, SDAM College ,Dina Nagar; Pooja Rani- Desh Bhagat College Bardwal, Dhuriand ,Muskan GHSC-10, CHD



Name of the Competition: Digital Collage Making
 Organized By: Environment Society 'Harita'
 Date : 5th June, 2020

**THEME- LESSONS FROM
 PANDEMIC TO CONSERVE
 ENVIRONMENT**

ACHIEVEMENTS OF STUDENTS IN ONLINE INTER COLLEGE COMPETITIONS



Naina

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN, SECTOR 36 A CHANDIGARH
RESULT OF INTER-COLLEGE MEHENDI COMPETITION (Held in June 2020)
 Organized by Cosmetology Department

Name of the Participant	Class	Affiliation	Position	Image
SADESH KALSI		K.S.P.T.S.M. 'KHALSA' COLLEGE (OF EDUCATION) MANEPOLE, HSR	1	
DIYA SINGHA	B.COM II	G. G. GINSHI COLLEGE FOR WOMEN SECTOR 26-CHD	2	
NAINA	B.Sc. I FASHION DESIGN	DAV COLLEGE FOR WOMEN SECTOR 36-CHD	3	
MANDEEP JARWAL	B.COM II	G. G. GINSHI COLLEGE FOR WOMEN SECTOR 26-CHD	4	

Name of the Competition: Mehendi competition
Organized by: MCM DAV



Name of the Competition : Bookmark making competition
Organized by : MCM DAV college

Prizes won:

1st: Mallika Malik of B.Sc Home Science

2nd: Reet of B.Sc Home Science-II

Consolation prizes: Priya Yadav(B.ScH.Sc-II), Ishita Singh (B.ScH.Sc- III), Rashmita Subba (B.ScH.Sc- III) and Muskan Sadara (B.ScH.Sc- II)



Competition : Poster making

Organized by: Sri Guru Gobind Singh College, Sec-26, Chd.

Prizes won : Second prize in PGGCG - 46, and Third prize in SGGS - 26 won by Priya Yadav of B.ScH.Sc-II

NAME OF THE COMPETITION : Glove and Mask Making

Organized by: Post Graduate Government College-46

Prizes won: 1st prize: Sonika of PG Diploma Fashion Designing

2nd prize: Priya Yadav of B.Sc Fashion Designing

Special prize: Anamika of PG Diploma Fashion Designing.

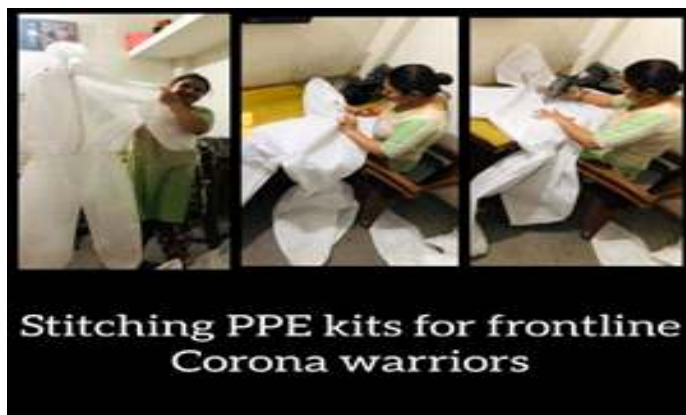
First runner up: RashmitaSubba of B.Sc Dietetics 3rdyr



Covid-19 did not deter the spirits of our students. Besides serving the humanity, they also earned during this difficult time.



Parul of B.Sc. Home Science 1st Year has been working as a medicine vendor.



Stitching PPE kits for frontline Corona warriors

Students of clothing and textiles stitched PPE kits and face masks



TAKING ONLINE TUTORIALS

Abha of M.Sc. Home Science has taken the initiative by rendering her teaching services to children with special needs.



ANJALI BANSAL
Student of B.Sc Home Science 1st year
Nature of work: Stitching masks.
YouTube Channel: <https://youtu.be/XFsNWpI-bjU>
Earning: Rs. 250 each day



ONLINE NUTRITIONAL COUNSELING

Isha Dhaliwal, Ph. D. Scholar and Founder of start-up "Tea-Kombucha" and Manveen Kaur, Clinical Nutritionist and Wellness Professional have been helping people to remain in pink of health by giving them diet counseling



Dr. APNEET
Student of P.G. Diploma in Guidance & Counselling has been providing different kind of counseling services to the public.

EFFORTS BY STUDENTS TOWARDS SENSITIZATION REGARDING DIVERSE ISSUES USING PRINT MEDIA

Address your mental health




...of the mind is a complex and delicate system. It is the seat of our thoughts, emotions, and memories. When it is not functioning properly, it can lead to a variety of mental health issues. It is important to take care of your mental health just as you would your physical health. There are many ways to do this, including therapy, medication, and lifestyle changes. It is important to seek help if you are struggling with your mental health. You are not alone, and there is always hope for a better future.

Our body calls for a Digital Detox




...of the digital world has become an integral part of our lives. We are constantly connected to the internet, and this has led to a significant increase in digital detox. A digital detox is a period of time when you disconnect from all digital devices, including your smartphone, laptop, and tablet. This can help you to reduce stress, improve your sleep, and increase your productivity. It is important to take a break from the digital world to give your mind and body a chance to rest and recharge.

Listen to your mind when you eat

Diet Cycle



...of the diet cycle is a process that involves several stages. It starts with awareness, where you become aware of your eating habits and the impact they have on your health. This is followed by intention, where you set goals for what you want to eat and how you want to eat. The next stage is action, where you put your intentions into practice. Finally, maintenance is where you work to keep your new eating habits going for the long term.

Every drop of yours counts




...of the world's population is in need of a blood transfusion. This is why it is so important to donate blood. Blood donation is a simple and safe procedure that can save lives. It is a way to give back to the community and help those in need. There are many places where you can donate blood, and the process is quick and easy. It is important to make time to donate blood regularly to help keep the blood supply up.

Define your own Healthline




...of the health line is a line that separates good health from poor health. It is a line that you can define for yourself based on your own needs and goals. This can be a challenging task, but it is one that is worth the effort. By defining your own health line, you can take control of your health and make choices that are best for you. This can lead to a longer, healthier life.

Are you munching late at night?

CHOOSE HEALTHIER!



...of the night is a time when many people reach for unhealthy snacks. This is often due to boredom or stress. However, there are many healthier options available. Choosing healthier snacks can help you to maintain a healthy weight and improve your overall health. It is important to be mindful of what you eat, even at night. There are many delicious and nutritious options that you can choose from.

Choose Smart, Eat Safe




...of the food industry is a complex and ever-changing one. It is important to choose smart and eat safe when it comes to food. This means choosing foods that are nutritious and safe to eat. It also means being aware of the risks associated with food, such as food poisoning and food allergies. By choosing smart and eating safe, you can protect your health and enjoy the many benefits of a healthy diet.

HEALTH & LIFESTYLE

ANUPREET KAUR SOBTI

Escape the vicious diet cycle



...of the diet cycle is a vicious cycle that many people find themselves stuck in. It is a cycle of dieting, bingeing, and dieting again. This cycle can be harmful to your health and your mental well-being. There are ways to escape this cycle and live a healthier, more balanced life. This involves understanding the reasons behind your eating habits and making changes that are sustainable in the long term.

Munch healthier for Snacking



...of the snacking is a common habit for many people. However, it is important to choose healthier options when it comes to snacking. This can help you to avoid unnecessary calories and maintain a healthy weight. There are many delicious and nutritious snack options available, including fruits, vegetables, and whole grains. It is important to be mindful of what you eat, even when you are snacking.

Know the relaxing ritual



...of the relaxing ritual is a time when you take a break from your busy life and enjoy a moment of peace and relaxation. This can be a simple ritual, such as drinking a cup of tea or taking a walk in the park. It is important to make time for these rituals, as they can help to reduce stress and improve your overall well-being. These rituals can be a source of comfort and joy, and they can help you to live a more balanced and fulfilling life.

More than 50 articles published by our student Ms. Anupreet Sobti

Knitting eternal Fashionists



...of the fashion industry is a dynamic and ever-changing one. It is important to stay up-to-date with the latest trends and techniques. This can be done through various means, such as attending fashion shows, taking classes, and reading fashion magazines. It is important to have a good eye for fashion and to be able to create your own designs. This can be a rewarding and creative career path.

CAREERS IN HOME SCIENCE

Home Science teaches you the art of using things



...of the home science is a field that focuses on the application of scientific principles to the home. This includes areas such as nutrition, food safety, and home management. It is a practical and useful field that can help you to improve the quality of your life and the lives of others. There are many career opportunities available in home science, and it is a field that is always in demand.

Redesigning Homes, Reconstructing Lives



...of the home is a place where we spend most of our lives. It is important to design a home that is not only beautiful but also functional and comfortable. This can be a challenging task, but it is one that is worth the effort. By redesigning your home, you can improve your quality of life and create a space that is truly your own. This can be a rewarding and creative project.

Redefining Relationships



...of the relationship is a complex and ever-changing one. It is important to redefine your relationships to fit your needs and goals. This can be a challenging task, but it is one that is worth the effort. By redefining your relationships, you can create a more supportive and fulfilling life. This can be a rewarding and creative project.

Finding a way to Nutrition



...of the nutrition is a field that focuses on the science of food and its impact on our health. It is a practical and useful field that can help you to improve your diet and your overall health. There are many career opportunities available in nutrition, and it is a field that is always in demand.

National Tele24 News (NT24 News)



...of the news is a field that focuses on the collection and dissemination of information. It is a dynamic and ever-changing field that requires a high level of skill and expertise. There are many career opportunities available in news, and it is a field that is always in demand.

Extending knowledge through service

Extension Education

Bridging the gap



...of the education is a field that focuses on the extension of knowledge and skills to the community. This can be done through various means, such as workshops, seminars, and community service. It is a practical and useful field that can help to improve the lives of others. There are many career opportunities available in extension education, and it is a field that is always in demand.

MOBILISATION OF GRANTS

RUSA- A FACELIFT THROUGH RENOVATION AND REFURBISHMENT



3rd Installment of Rs.50,00,000/-
received under RUSA
MHRD, GOI - 29th August, 2019



(Under construction)

The Research Multimedia block is under construction where post graduate and doctorate students will interact and disseminate knowledge. The block will also be used for holding National level seminars, conferences and workshops.



Under renovation/upgradation effort has been made to make college disabled friendly by renovating flooring with vitrified tactile tiles. Flooring has been changed for corridor of 1st Floor of college building.

RENOVATION OF EXISTING INFRASTRUCTURE



- E-pathshala
- Conference Room
- Committee Room
- B.Sc Hostel Kitchen

Procurements under RUSA



Resource building equipments for tiny tots of the experimental Nursery School- 'Chaitanya



Outdoor Gym equipments were purchased to keep in sync with the national scheme of **FIT INDIA MOVEMENT** and to ensure the all round physical development of students.



ESSENTIALS FOR COVID-19 have been purchased from RUSA grant to ensure the safety of the staff, students and visitors in the college.



To give impetus to digital initiatives RUSA grant was used for the purchase of various digital systems like hard drives, digital podium, softwares computer etc. All these will help to revolutionize the integration of technology in teaching.





Valedictory ceremony -
Chief Guest - Director Social Welfare Chd. Admin.
Ms. Navjot Kaur, P.C.S.

Grant received
worth **Rs. 1,24,500**
from **MHRD** through
Samagra Shiksha,
Chandigarh

- **TRAINING IMPARTED TO :** 90 aanganwadi workers in two batches
- **CHIEF GUEST:** Mrs. Manjit Brar, Mission Coordinator, Samagra Shiksha
- **CHANDIGARH COURSE DIRECTOR:** Prof. Sudha Katyal, Principal



विज्ञान एवं प्रौद्योगिकी विभाग
DEPARTMENT OF
SCIENCE & TECHNOLOGY

RESEARCH PROJECT TITLE: "To Study the Relationship between WASH (Water, Sanitation and Hygiene) Practices and Micronutrient Deficiencies in Adolescents

GRANTED BY: Department of Science and Technology and Renewable Energy, Chandigarh Administration
Financial assistance amounting to Rs. 90,000/-

FINANCIAL ASSISTANCE
AMOUNTING TO RS. 90,000/-
GRANTED BY:
DEPARTMENT OF SCIENCE AND
TECHNOLOGY AND RENEWABLE
ENERGY, CHANDIGARH
ADMINISTRATION



Prize Winners from various competitions (20.08.2019)

Grant of **Rs. 35,000** received from **CREST, Chandigarh** to celebrate **National Science Day**.
Competitions Held: Poster making, slogan writing, quiz and collage making



CHIEF GUEST: Dr. Suman Singh, Principal Scientist, CSIR –CSIO, Chandigarh



GRANT OF RS. 27,500/- GOT FROM CREST, CHANDIGARH FOR CELEBRATION OF AKSHAY URJA DIWAS

THEME : "Impact of AkshayUrja in India"

Inter-College And Intra-College Competitions Held: Poster Making, OHP Sheet Painting, Placard Making, Face Painting, Poetry recitation, Group song and T-Shirt Painting

CHIEF GUEST: Shri Debendra Dalai, IFS, Chief Conservator of Forests and Chief Wildlife Warden Chandigarh, CEO CREST

Participants: 125 students from 11 Government and Private Colleges of Chandigarh



Procured funding of **Rs.27,850/-** from National Commission for Women, New Delhi for sensitising Girls Students regarding laws related to women

Grant of **Rs.16,000/-** received from Education Department Chandigarh Administration for conduct of research project.

Prof. Sudha Katyal, Dr. Uttara Singh & Ms. Namrata Sethi carried out research project on Food Preferences amongst Govt. School Children regarding Mid Day Meal. This project proved useful in helping implement important policy decisions like shifting from using centralized kitchens to cluster kitchens for preparation of mid day meal.



ONE DAY WORKSHOP ON SPIRITUAL COUNSELING AND MUSIC THERAPY AT HOME SCIENCE COLLEGE



Dr. Richa Vasudeva
 Head, Contemplative Psy, Sri Sri Univ. Cuttack

Financial Assistance of **Rs. 15,000/-** received from State Bank of India



'Plastic Ka time up' & 'Anti-Cracker' Campaign at Home Science College



Financial Assistance of **Rs. 20,000/-** received from Punjab National Bank



ACTIVITIES IN SYNC WITH KEY GOVERNMENT INITIATIVES

TO PROMOTE AND SUPPORT FIT INDIA MOVEMENT



Under graduate and Post graduate students performing Yoga Asanas



NSS volunteer playing sports to keep themselves fit.

'SWACHHTA ABHIYAN' PROPAGATED AMONG MASSES



CLEANLINESS DRIVE ON COLLEGE CAMPUS



CLEANLINESS DRIVE AT PUBLIC PLACES



THRUST ON JAL SHAKTI ABHIYAN

Students making posters for sensitization on saving precious water



POSHAN ABHIYAN

UNDER THE AEGIS OF CHD. ADMIN. COLLEGE CONDUCTED A HOST OF ACTIVITIES TO OBSERVE POSHAN MAAH IN THE MONTH OF SEPTEMBER - A PEEP INTO THE ACTIVITIES



Rally for healthy lifestyle and generating nutritional awareness by NCC cadets at Mataka Chowk - 27th September, 2019



Students visited the Bhaskar Colony, Sector-25, Chandigarh for a Poshan Rally bringing into limelight the necessity of healthy lifestyle and nutritional well-being - 25th September, 2019

Street Vendors Apprised Of Safe Food Handling Techniques - 28th September, 2019



Demonstration of Poshtik Cakes on College Campus - 23rd September, 2019





Awareness Generation Through Rally on Poshan Maah at Central Plaza Sector 17 to Highlight The Benefits of Poshtik Aahar - 14th September, 2019



AWARENESS GENERATION ACTIVITY ON POSHTIK AHAAR - 11th September, 2019 Preparation, Demonstration, Sale of Iron rich recipes

HEALTHY RECIPE PREPARATION



HOME SCIENTISTS DEMONSTRATE CONVERTING KITCHEN WASTE TO COMPOST - 3rd September, 2019



Convergences and Collaborations during Poshan Maah

For significant outcomes, the college converged the efforts of the following through networking & collaborations from tapping/identifying the beneficiaries to providing free consultation services:

- Priests of local religious places such as temples and gurudwaras,
- Panchayats and Sarpanches and Mahila Mandals, NGOs & Orphanages
- Mayor, Chandigarh
- Municipal Corporation
- Govt. Hospitals- GMSH-16, PGIMER, Chd.
- Private Hospitals - Fortis, Max
- Deptt. of Social Welfare, Chd. Admn.
- Regional Centre for Entrepreneurship Development (RCED)
- National Institute of Naturopathy, Pune, Ministry of AYUSH, GOI
- Collaborations with 92.7 Big FM,
- College Nukkad Natak team
- Print, air and online media and technology were used extensively for spreading the message.



POSHAN PAKHWADA - MARCH 2020 AFTER POSHAN ABHIYAN, COLLEGE ONCE AGAIN A ONE STOP DESTINATION FOR CONDUCTING A HOST OF ACTIVITIES



Workshop on “Paanch Sutras” of Poshan Abhiyaan - 28th February, 2020



A host of activities were conducted for Poshan Pakhwada. As part of the “Paanch Sutras” of Poshan Abhiyaan, a workshop was organized in collaboration with Department of Community Medicine and School of Public Health, PGIMER and Vendor's Cell, Municipal Corporation Chandigarh for mainstreaming street vendors' welfare through integrated training enterprise of its Municipal Corporation with special focus on street food hygiene. More than 50 students, street vendors, mess and canteen workers attended the workshop.



Healthy millets recipe competition held to observe “Year of Millets” - 26th February, 2020

To promote 'Self-Reliance through Health and Entrepreneurship' and to observe the “Year of Millets”, in collaboration with Regional Centre for Entrepreneurship Development (RCED), a healthy millet recipe competition on behalf of the National Institute of Naturopathy, Pune, Ministry of AYUSH, Government of India was organized. More than 30 post graduate and under graduate students participated in the competition. Sh. SK Mehta from Food Processing Institute, Food and Nutrition Board and Principal, Prof. Sudha Katyal were the esteemed judges for the event. A wide range of recipes ranging from jowar pockets to ragi dhokla and ragi chocolate lava cake were prepared by the students. Prizes were awarded for best recipes and best innovation.



Demonstration on use of healthy millets recipes - 12th March, 2020

Demonstration cum Display of healthy millet recipes were prepared by the students of MSc Foods and Nutrition. The recipes included the substitution of our commonly consumed grains such as wheat, rice, maize with millets such as Jowar,



Bajra and Ragi. The students advocated the use of Bajra for its fiber content and also iron. Ragi can be used as a healthy vegetarian option for calcium rich recipes. Breakfast recipes ranged from Ragi Pancakes to Cheelas to Bajra Upma and Stuffed Jowar Paranthas were prepared and displayed by the students on the college campus.



Sensitization on role of men in promoting good nutrition - 13th March, 2020

As part of the ongoing Poshan Pakhwada, the final year students of B.Sc Dietetics of Government Home Science College, prepared and displayed nutritional aids on anemia, balanced diet and importance of Millets in the campus. The focus/target group comprised of males from teaching, non teaching, office and support staff of the college. They were sensitized on the importance and role of men in promoting good nutrition at home. Substitution of Millets with commonly consumed grains was also advocated and encouraged in the daily diet for their health benefits.



Awareness generation on hygiene practices during Covid-19 and use of millets in weaning foods - 15th March, 2020

The B.Sc. students of Home Science College prepared and displayed weaning foods for growing infants using millets as the main ingredients. Millets help increase the soluble fiber, as well as iron and calcium content of the diet. Awareness was also generated for the precautions to be maintained and hygiene practices to be observed during this time to prevent the spread of Corona virus. Emphasis was made on the importance of maintaining hygiene during this stressful period as well as ensuring good nutrition to help build up a strong immunity and stay healthy.





Principal, Prof. Sudha Katyal felicitated with Poshan Abhiyan State Award for her outstanding performance, dedication and contribution in State Level Function at Tagore Theatre by His Excellency Hon'ble Governor Shri V P Singh Badnore 6th September, 2019





Galaxy of dignitaries viewing and appreciating efforts of our students of Department of Food and Nutrition at the Inaugural ceremony of State Poshan Mahotsav at Tagore Theatre graced by His Excellency Honorable Governor Sh. VP Singh Badnore, Advisor to Governor, Sh. Manoj Parida, Deputy Commissioner, Sh. Mandeep Singh Brar and Education Secretary Sh. BL Sharma.



Display of posters and nutritional recipes at the Poshan Mahotsav



Nukkad Natak performed by our students at the Mahotsav, which was much appreciated by His Excellency Governor Sir

POSHTIK AND PARAMPARIK KALA PRADARSHINI

College Goals Mapped in Sync With UN Sustainable Development Goals

The objectives of this exhibition were in consonance with sustainable development goals 1,3 and 5 of UN (2030 agenda). Efforts were made to work in direction of Eradicating poverty by empowering girls , Advertising Indian traditional Arts , Supporting women artisans, promoting the wellbeing through advocating cheap nutritious food for vulnerable sections of population to commemorate 150 years of Mahatma Gandhi whose vision is still applicable till date. The beautiful exhibit comprised of Handcrafted beautiful utility pieces of traditional arts with embroidery of different states of India. The exhibition also gave a platform to promote PHULKARI art by exhibiting the contemporary and old sanchi phulkari inspired art works on wide variety of products ranging from apparels to utility by Virsa- A NGO, working for promoting women artisans of Punjab. The college also organized an Inter College cookery competition on Iron Rich recipes. The competition was an initiative towards making Chandigarh Anemia free.



**Mrs. Lippi Parida - A renowned Artist
Limca Book record holder
for Fastest Musical Painting**



Display by Students of Clothing & Textiles



Phulkari exhibit by NGO - Virsa



Inter College cookery competition



Media Partners

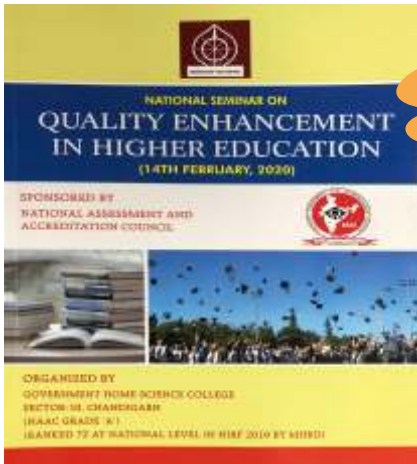


Sponsors



NATIONAL SEMINARS

THEME : QUALITY ENHANCEMENT IN HIGHER EDUCATION 14th February, 2020



Grant of Rs. 75,000/- received from NAAC

Centered upon improving the qualitative aspects of education as per the directives of NAAC, the seminar provided a platform for more than 110 delegates including academicians, research scholars, Ph.D. scholars, faculty and entrepreneurs from different parts of the country.



Chief Guest: Prof. Nilofer Khan, Director (Home Science, School of Applied Sciences and Technology) and Ex- Registrar, University of Kashmir, Srinagar



Book Release



Oral Presentation



Dr. Dalip Kumar, Additional State Project Director, RUSA, Sector- 42, Chandigarh



Poster Presentation - Display and Judgement



Sh. Sarvjeet Singh, CII Chairman
Co- Founder and Managing Director of
Finvasia Group of Companies Chandigarh

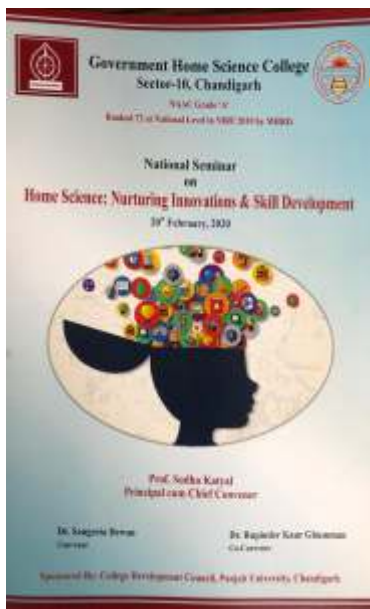


Valedictory session chaired by: Emeritus Prof. Neelam Khetarpaul, Ex- Dean of IC College of Home Science, CCS Hisar Agricultural University, Hisar.



Lighting of Lamp

THEME :- HOME SCIENCE - NURTURING INNOVATIONS AND SKILL DEVELOPMENT
20th February, 2020



Grant of Rs. 30,000/- from DCDC, Panjab University, Chandigarh

A National Seminar on the theme :- Nurturing Innovations and Skill Development in Home Science was organized. The Seminar was a step towards bridging academia with industry and entrepreneurship. It provided a platform for more than 150 delegates. The event also provided a platform to the students of college, alumni and NGO 'Chotisi Asha' to display their entrepreneurial skills by putting up stalls in the college.



CHIEF GUEST : Prof. Neelam Grewal, Member, Punjab Public Service Commission, Ex-Dean Home Science as well as PG Studies PAU Ludhiana and former Director, ICAR- Central Institute for Women in Agriculture, Bhubaneswar



Plenary Session by Dr. Dinesh Dua, Indian Chairperson, Start-up and entrepreneurship cum CEO, Nectar Life Sciences India.



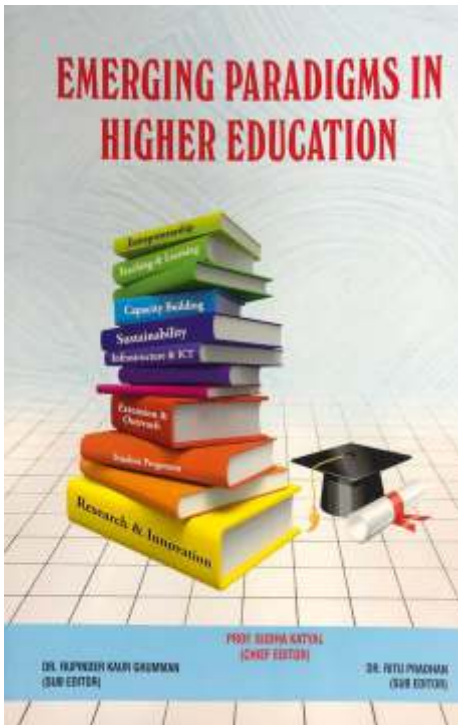
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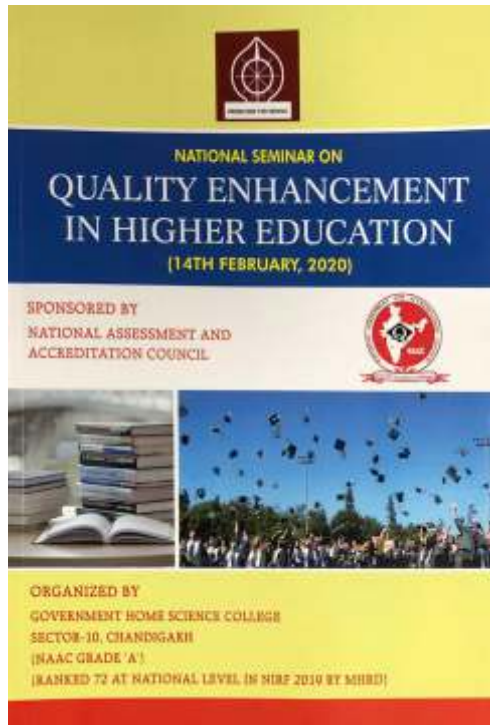
Stalls put up by students to promote entrepreneurship

ACADEMIC ACHIEVEMENT

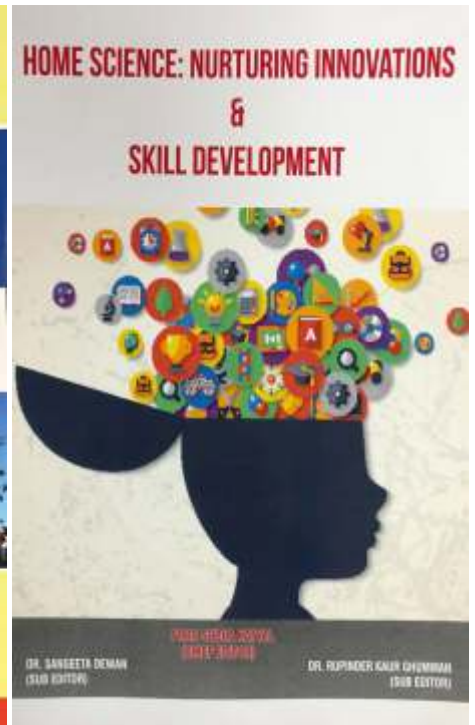
BOOKS PUBLISHED



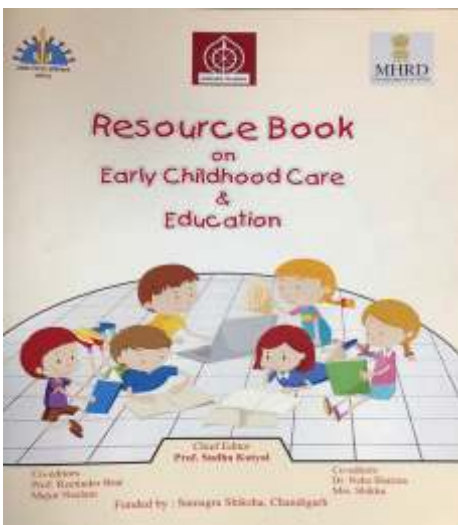
Emerging Paradigms in Higher Education
Dr. Sudha Katyal (Chief Editor)
Dr. Rupinder & Dr. Ritu (Sub-Editors)
ISBN : 978-8193991-67-1



Proceedings of National Seminar on 'Quality Enhancement in Higher Education'
ISBN : 978-81-94543-51-0



Home Science: Nurturing Innovations and Skill Development
Dr. Sudha Katyal (Chief Editor)
Dr. Sangeeta & Dr. Rupinder (Sub-Editors)
ISBN: 978-81-93991-68-8



Resource book on ECCE for Anganwadi workers
Dr. Sudha Katyal (Chief Editor)
ISBN : 978-81-94543-52-7.



Principal Dr. Sudha Katyal and Dr. Vasudha contributed in this book by providing "Low Cost Millet Recipes for Vulnerable Groups" in Mar. 2020. Due to the pandemic situation this book was released on 1st October, 2020 by worthy advisor to Governor, Chandigarh Administration His Hon'ble Sh. Manoj Parida, I.A.S.

WORKSHOPS ORGANIZED BY COLLEGE



Workshop On Grooming Techniques and Safe Use Of Social Media . 22nd January, 2020

Resource Persons:

1. International Fashion Designer of City Neetu Arora (Proprieter LUVYA - The Fashion House, Sec. 7, Chd.)
2. Taruni Gandhi, A freelance Journalist and chairperson, Sarthi Trust Target Group: 150 Students (B.Sc. Fashion Designing, B.Sc. Home Sc. as well as Teaching Faculty). It aimed to give practical tips of self-grooming and wise use of social media with safety features.

Workshop to Promote Healthy and Sustainable Entrepreneurship 18th November, 2019

Resource Persons: Dr. Sukhbir Kaur Chopra, Sachtek Wellness Centre- Chandigarh

Target Group: 250 college students

The extensive use of nature's excellent healing agents such as Air, Earth, Water and Sun for the removal of root cause of the diseases was emphasized.



Workshop on Diet Cal Software 27th Feb., 2020

Resource Person:

Dr. Gurdeep Kaur, Sr. Dietitian AIIMS and Proprietor DietCal

Target Group: Students & Faculty of Foods & Nutrition



3-Days Tech-Education Workshop On Resume Designing On Digital Platform 24th - 26th February, 2020

Resource Person: Chairperson, NGO 'Girls x Tech'

Target Group: UG & PG Final Yr. Students

The workshop proved to be quite fruitful and gave a deep insight to the students regarding working in CANVA Software, a multimedia design platform that helped the students to create social media graphics, presentations, posters and other visual content.



Interactive Session on 'Intellectual Property Rights' 30th January, 2020

Resource Persons: Ex Justice Madhu P. Singh
Target Group: 200 Students (B.Sc. Fashion Designing Illyr., B.Sc. Home Sc., Illyr. P.G. Students as well as Teaching Faculty)



Workshop Cum Demonstration On Skill Development And Sustainable Draping Techniques - 25th February, 2020

Resource Person: Jharna Joshi, Assoc.Prof. , Designing, University of Petroleum and Energy studies, Dehradun
Target Group: More than 150 students (B.Sc. Fashion Designing, B.Sc. Home Sc., M.Sc.C.T. as well as Teaching Faculty)

STUDENTS BRING LAURELS IN INTER COLLEGE COMPETITIONS



Anupreet Kaur Sobti from B.Sc. (Dietetics)- 5th Sem secured 1st position at an intercollege Logo making competition at 'Curacion 2019' held at Chitkara University, Punjab



THIRD PRIZE IN POSTER MAKING COMPETITION IN 'ECONVERSE'



FIRST PRIZE IN GREEN FASHION SHOW IN SCIENCE FEST 2020



FIRST PRIZE IN SCIENTIFIC RANGOLI COMPETITION IN SCIENCE FEST 2020

PRIZES GALORE AT 61ST PANJAB UNIVERSITY, ZONAL YOUTH AND HERITAGE FESTIVAL, 2019



1st in Skit



3rd in Group Bhajan



1st in Rangoli
Chetna Vats-B.Sc. (H.Sc.) 4th Sem.



3rd in Group Song



3rd in Play



3rd in Solo Geet



Akanksha Rakheja and Chetna Vats from B.Sc. (Home Science) – 2nd Year won first prize in Scientific Rangoli. With this, the college bagged the Overall Trophy during the Science Fest- 2020.



BAGGED FIRST PRIZE IN POSTER MAKING COMPETITION IN SCIENCE FEST 2020



ACTIVITIES TO INCULCATE SOCIAL RESPONSIBILITY AMONGST STUDENTS



VISITING AND INTERACTING WITH CHILDREN AT 'ShishuGreh'- an orphanage in Sector-15, Panchkula



Students of B.Sc. (HDFR) - 3rd year and (IDRM) - 3rd year visited Senior Citizens Home, Sector- 15.

NCC CADETS APPRISED OF "MEGA POLLUTION" BY Sh. N.K. Jhingan, Secretary of Environment Society, India



MENSTRUAL HYGIENE CAMPAIGN CONDUCTED AT UNDER GRADUATE HOSTEL ON THE CAMPUS. SPONSORED BY: SOFY



Free Sanitary Napkins distributed on the campus



VIGILANCE WEEK OBSERVED- on the theme "Integrity-A way of life - 2nd November, 2019. In collaboration with Punjab National Bank

32 YEARS OF OZONE AND HEALING CELEBRATED BY HARITA - 16th September, 2019



A week long activities for all colleges of Chandigarh were conducted on the campus

VIGILANCE WEEK OBSERVED AT GOVERNMENT HOME SCIENCE COLLEGE



Collaborators
Dept. of Environment,
Chd. Admin., Earth Day Network India,
Yuv Satta-an NGO



COMPETITIONS HELD: Intra and Inter-college Face Painting, Bookmark, Poster and Collage making and Slogan Writing competitions

Chief Guest - Sh. Vijay Kumar,
Chief Vigilance Officer, PNB



Sponsored by:



Talent Hunt and Teej Celebrations 21st August, 2019

College celebrated Teej along with Talent Hunt Competition for the freshers. Prizes were awarded for best Tashanbaz, Best Singer Poetry, Paper reading and dancing.

ANNUAL CONVOCATION AND PRIZE DISTRIBUTION - 12th April, 2019



200 graduates and post graduate students conferred with degrees Chief Guest: Sh. B.L. Sharma, IAS, Education Secretary
Guest of Honour: Sh. Rubinderjeet Singh Brar, PCS, Director Higher Education

ORIENTATION PROGRAM - 19th August, 2019



To support freshers, a comprehensive orientation program was conducted, where Principal encouraged the students to be motivated. Brahm Kumar Sister Anita was the Guest Speaker.



Newly elected young leaders pledge to serve the college at
Investiture Ceremony - 28th September, 2019
College President - Vaishali, Vice President - Aditi
Secretary cum Treasurer - Niharika

ANNUAL ATHLETIC MEET 9TH MARCH, 2019

Chief Guest - Mayor Mrs. Raj Bala Malik



Special Message conveyed through Mayor on promoting the use of millets in daily diet.

The two day sporting event including semi-finals and finals began with inauguration by Prof. Sudha Katyal, Principal of the College, followed by the unfurling of the college flag and oath taking ceremony. The event began with the marching of coordinated footsteps of students in the parade led by the sports captain Ankita. The lighting of the Presidency Torch was carried by sports stars of the college, Shweta Kadiyan, Kanika Lubana, Priyanka Kaushik, Jaspreet Kaur Sohal and Muskan Mathur. The day was filled with excitement experienced amidst thrills, shrills and cheers. Mrs. Raj Bala Malik, Mayor, Chandigarh was the Chief Guest. She congratulated the college to carry out the initiative of not just spreading the message of fitness on the sports field but also advocating the use of millets in our daily diet and emphasizing on healthy eating. Maheshinder Singh Sidhu, Councillor of Ward no.1, was the Guest of Honour for the day.

Media Partners



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Preparing students for placement through - Soft Skill Grooming and Mock Interviews

To prepare the students to get absorbed in leading recruiting organizations, various soft skill development programs and mock interviews are organized throughout the year in the college. This involves various awareness workshops and seminars on grooming, personality development skills, resume writing and verbal and nonverbal etiquettes. To develop effective communication skills, free English speaking bridge course is also organized for final year students.



PLACEMENT DRIVE ON COLLEGE CAMPUS - 16th APRIL, 2019



CHIEF GUEST: Mrs Sanjeeda Beri, REO and Mrs Meenakshi Goyal SREO, U.T. Chandigarh. More than 20 leading companies from diverse fields approached the campus. Students registered on National Career Service Portal



Students Offered Internship

Majority of the students were offered internships in the following leading organizations which would pave the way for further employment.

- **Kapsons (offered Paid Internship of Rs 10,000/month)**
- **Fitelo (offered Paid Internship of Rs 10,000/month)**
- Innovative Knits
- Arms to Farms
- ISHH Guidance & Counseling
- Fortis Hospital
- Paras Hospital
- PGIMER
- Govt. Medical College and Hospital-32
- Govt. Multi Speciality Hospital-16

MOU SIGNED WITH SRI SRI UNIVERSITY, CUTTACK



Resource Shared

WASTE MANAGEMENT - WET AND DRY WASTE SEGREGATION DONE ON CAMPUS

Special efforts were made by the college for reusing and recycling waste materials. The practice of segregation of dry and wet waste leads to encouragement of green campus in the institution. Dry waste compost is used to prepare compost and manure by digging pits near U.G and P.G hostels. This compost and manure is utilized in college green lawns. In 2019, the college also purchased a composting machine for waste management under M & S plan worth Rs. 5.85 lacs. In the composting machine kitchen garbage waste can be converted to manure for plants. The de gradable items can be simply decomposed safely and hygienically in a machine. Blue and green dustbins were also placed in hostels and college campus for collection of dry and wet garbage separately. The college is successfully converting waste into manure.



FACULTY SHOWS CREATIVITY IN BURAIL JAIL - 27th December, 2019

Inspector General of police (prisons) Mr. Om Hari Singh requested, Principal to provide expertise and help for the beautification of interiors and exteriors of a Councelling Cell Rupantaran for Drug Addict prisoners of the Burail Jail, Chd. Mrs. Seema Jaitly Assistant Prof. in Art lended her creative skills and helped in changing the entire facade as well as interiors of the cell with the help of 17 inmates of the prison. The entire cell was turned from a drab looking cell to a very aesthetically done up pleasing place which could help in improving the mental health of the drug addicts. This newly renovated Drug De addiction Cell "Rupantaran Kendra" was inaugurated by Sh. V.P Singh Badnore.



CONTINUOUS EFFORTS TO EXTEND EARN WHILE YOU LEARN OPPORTUNITIES FOR THE STUDENTS

BRISK SALE IN 11th PANJAB UNIVERSITY - ROSE FESTIVAL - FEB. 7 - 9, 2020



**Vice Chancellor Panjab University
Professor Raj Kumar appreciating the students**



To show case their start-up activities learnt during the course in 11th Panjab University Rose Festival, as a part of 'Earn While You Learn' initiative, students put up a number of stalls of skilled items. The students of B.Sc Home Science showcased the display of handwork items with a professional touch like quilling boxes, earrings, keychains, photo frames, wall hangings, lampshades, glass items, canvas paintings, fabric items, decorative bottles, paper bags, shagun envelops and homemade chocolates etc. under the leadership of Mrs. Seema Jaitly. The stalls received tremendous response at the event.

ENTREPRENEURIAL SKILLS EXTENDED BEYOND COLLEGE WALLS - 16TH OCTOBER, 2019



In an event organized by Canara bank, Sector 34, Chandigarh to promote women entrepreneurship, students explored entrepreneurship as a practical aspect. Many creative ideas were also presented ranging from Diyas, Ganpati ji's and Torans put up by the students. The Mehndi stall proved to be a centre of attraction among visitors and staff members in the bank. All the students not only honed up their entrepreneurial talent but also generated income by selling.

AMALGAMATION OF FUN AND LEARNING AT KARWA AND DIWALI MELA 16TH OCTOBER, 2019

The students organized a Karwa and Diwali Mela which provided them a platform to showcase their creativity and talents. A wide array of stalls ranging from nutritious chocolates, mini donuts, heathy muffins, sprout stuffed sandwiches, spring rolls, and other snacks on the occasion of World Food Day to promote the National Nutrition Mission were put up. Unique quilled art pieces including, envelopes, theme based pencil covers, magnetic hangings, jewellery designed by SuNaina, a mentally and physically challenged girl working under the brand Loops n Knots was one of the major highlights. A great response was received for all the stalls they had a brisk sale and were sold out.



PARTICIPATION IN 48TH ROSE FESTIVAL, CHD. ADMN. FEB. 28 - MARCH 3RD, 2020



STALLS PUT UP IN CHANDIGARH CARNIVAL DECEMBER, 20 - 22, 2019



**Vice Chancellor Panjab University
Professor Raj Kumar appreciating the students**

SCHOLARSHIPS AWARDED TO MERITORIOUS STUDENTS



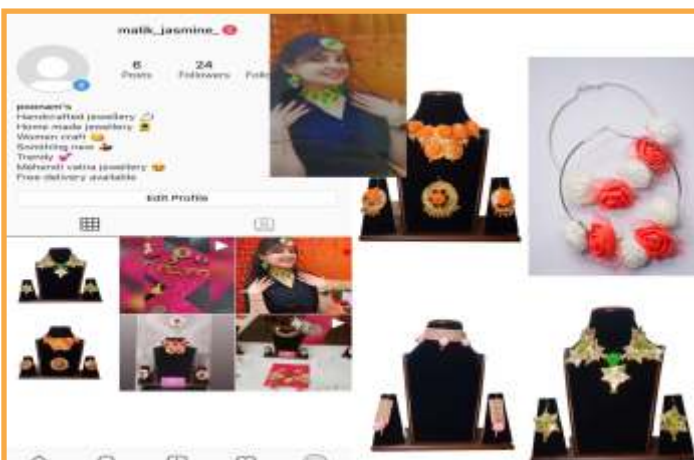
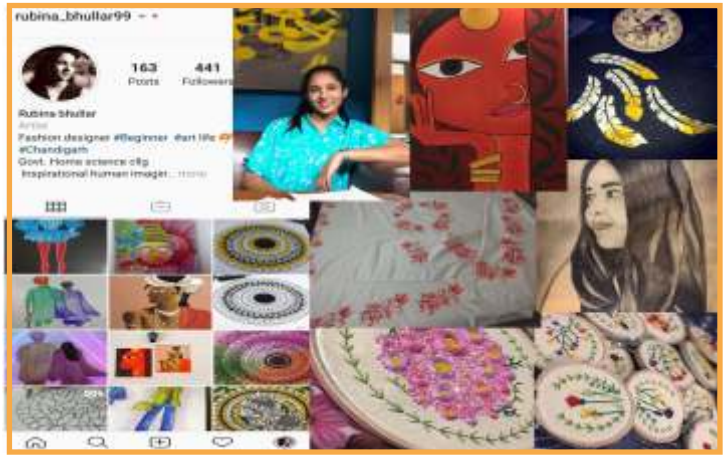
Simaranjeet Kaur and Reet (B.Sc. 3rd Semester), two meritorious students awarded with Saranjit Kaur Memorial Scholarship of Rs. 10,000/- for the academic year 2019-2020.



Sinder Kukar

Another award for the “Best Entrepreneur of the year “ worth Rs 10,000 was added in memory of Sinder Kukar by her brother. She taught in this college from 1962-64 The college received a cheque of Rs 51,000 for all the awards for the year 2020-2021.

START UP INITIATIVES BY THE STUDENTS 2019-20



ational seminar on innovations and skill development at Home Science College

Home science club members bringing awareness to industry and entrepreneurship

Home science club members bringing awareness to industry and entrepreneurship



NATIONAL SEMINAR ON INNOVATIONS AND SKILL DEVELOPMENT AT CHANDIGARH HOME SCIENCE COLLEGE

Chandigarh, December 12, 2019: Government Home Science College is organizing a one-day seminar on quality advancement in higher education. The seminar was held at the college campus.

CHANDIGARH TIMES OF INDIA, FRIDAY, FEBRUARY 14, 2020

MARK YOUR DIARY

SEMINAR

What | Government Home Science College is organizing a one-day seminar on quality advancement in higher education.

Girls x Tech

Design is thinking made visual. Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away. Here's a quick outlook of our recently conducted Girls x Tech Design Bootcamp at Govt Home Science College, sec 10. Our sincere thanks to Dr. Shabana Bhateja - Placement Incharge and Prof. Sudha Katyal - Principal for their constant motivation.

#girlstxtech #designingskills #girlspower #sisterhood #girlsempowerment

City Air News

Chandigarh, December 12, 2019: Hands on workshop of Anganwadi Workers was successfully conducted at Government Home Science College, Chandigarh. The Chief Guest for the valedictory session was Mrs. Navjot Kaur, Director, Social Welfare Department, Chandigarh Administration. The emphasis of the workshop was focused on Early Childhood Care & Education wherein Anganwadi workers play a pivotal role in bridging the gap.

WORKSHOP ON GROOMING TECHNIQUES AND SAFE USE OF SOCIAL MEDIA

Chandigarh, December 12, 2019: A workshop on grooming techniques and safe use of social media was conducted at Government Home Science College. The workshop was held at the college campus.

Use of millets advocated in home science sports meet

Only sporting meet featuring sports like and trials began

Home Science College Tops amongst city colleges in NIRF Ranking second time in a row

Posted by: MANGLA TIMES // Career, National News, REGIONAL NEWS, Social, Technology, Youth // June 11, 2020

Listen to this: Chandigarh: Government Home Science College has topped once again among the top 100 Private and Public colleges of the NIRF Ranking 2020 released by Ministry of Education, Government of India. The College bagged 86th rank amongst all colleges at National Level. Home Science College has become the only Chandigarh College to feature in the top 100 in National Level Ranking twice in a row. The college has always strived hard to provide knowledge and opportunities beyond its four walls. Emphasizing on skill-building and enhancing entrepreneurial activities, the college boasts of a large number of startups initiated by the students.

Home science students showcase start-up activities

Students of Government Home Science College put up a number of stalls of their start-up activities during their course.

decorative bottles, paper bags, shagun envelopes and home-made chocolates, etc. under the leadership of Seemita Jolly. The stalls received tremendous response at the event. The stall proved a big hit among the young crowd of the festival. A tattoo making stall was also put up by the students.

WORKSHOP ON GROOMING TECHNIQUES AND SAFE USE OF SOCIAL MEDIA

Chandigarh, December 12, 2019: A workshop on grooming techniques and safe use of social media was conducted at Government Home Science College. The workshop was held at the college campus.

Use of millets advocated in home science sports meet

Only sporting meet featuring sports like and trials began



Home Science students did brisk sale in 11th PU Rose Festival

Small amount bagged among young crowd at festival

Thrust on jan shakti abhiyan in NSS camp

B slogan writing competitions on the themes save water

Thrust on jan shakti abhiyan in NSS camp

B slogan writing competitions on the themes save water

हर किसी को माहौल, समय और मौसम के अनुसार ही पहनने चाहिए कपड़े : नीतू अरोड़ा

नीतू अरोड़ा ने अपनी फैशन डिजाइनिंग की शुरुआत की है। उन्होंने 'नीतू अरोड़ा डिजाइन' नाम का ब्रांड शुरू किया है। उन्होंने कहा कि फैशन डिजाइन केवल कपड़े के बारे में नहीं है, बल्कि यह एक कला है। उन्होंने कहा कि फैशन डिजाइनर को अपने कपड़े को माहौल, समय और मौसम के अनुसार ही पहनने चाहिए।

INDIAN MUSICAL CONCERT AT HOME SCIENCE COLLEGE

Chandigarh: To enjoy the beauty, entertaining qualities and feel the spiritual propensity of Music as a pure performing art, Government Home Science College organized 'Indian Musical Concert' to sensitize the audience about the glory of melodic structures with musical motifs.

Shri B.L. Sharma, IAS, Education Secretary, Chandigarh Administration was the Chief Guest for the day. Principal of the college, Prof. Sudha Katyal, warmly welcomed the honorable Chief Guest and the performing artist Sh. Subhash Ghosh, Company maestro and the senior disciple of Great Narsid Maestros Padmarathibhusan 'Ustad Anand Ali Khan' was the main performing artist for the event.

वर्षा में तोहरी का सेलिब्रेशन

किसी पुराने त्योहार में रीजिफाइन करने के लिए, प्रयोग करने के लिए।

Workshop on safe use of social media, grooming methods

Chandigarh, January 22, 2020: Government Home Science College, Sector 10, Chandigarh, held a session on "Securing techniques and safe use of social media" in collaboration with South Pole Creative Venture Trust and LUVVA - The Fashion House of India. Noted International Fashion Designer Neeta Arora welcomed the students of Home Science College while teaching them tips of self-grooming. The session was attended by fashion designers, students along with teachers and other stream students. As many as 130 students learnt the way to style themselves in the best possible manner. Neeta Arora and Tarun Gandhi, Chairman, South Pole Creative Venture Trust, were welcomed by Principal Sudha Katyal along with Placement Coordinator, Shabana Gandhi, Tarun Gandhi, informed the students regarding the value use of social media and shared various strategies that one must follow to maintain their safety in public places. Principal, Sudha Katyal, expressed her heartfelt gratitude to the guest speakers.

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GLIMPSES - 2019-20

